

## Kit list for Wales residential 2023

ALL ITEMS MUST BE NAMED					
General			Activities		
Item	Packed	Checked	Item	Packed	Checked
Indoor clothes			T-shirts (min x4)		
Underwear and socks			Jogging bottoms x3 / walking trousers (NO jeans)		
Indoors shoes/slippers			Warm jumper / fleece x3		
Wash kit – toothbrush, toothpaste, roll on deodorant, shower gel			Shorts x 2		
Pyjamas			Hat and gloves		
Towels x 2			Walking socks		
Medication (if required)			Walking boots / wellies		
Midge repellent			Trainers x 2 (a pair you don't mind getting wet)		
Sun cream (factor 30)			Waterproofs (top and bottom)		
Sun hat			Small rucksack		
Sunglasses			Swimming costume / shorts *wet suits provided by centre*		
Lunch box & water bottle					
Sandwich bags					
Torch					
Plastic bin bags x 3					
Disposable camera(s). Digital cameras are brought at own risk. Please provide spare batteries for these.					

### To be packed in a small rucksack on morning of departure:

- Water bottle(s) (2litres min)
- Mid-morning snack. **No chocolate or nuts**
- Packed lunch (for Monday only). **No chocolate or nuts**
- Leavers' hoodie
- Waterproof jacket
- Bin bag to sit on at lunch if wet

**Money:** £10 max. Please hand this in to class teacher in a named envelop the Friday before departure.

**Week 1 –** Monday 26<sup>th</sup> June

**Week 2 –** Monday 10<sup>th</sup> July

### **Medicine:**

#### **Week 1:**

Please provide one inhaler by 19<sup>th</sup> June and your child should bring a second inhaler with them on the morning of the trip, as we always need to have two with us. Please ensure they are within date and named. **If they are not in date, your child will not be allowed to go.**

If your child has an epipen, we will use the two we have at school during the trip.

All other medicines that can be provided in advance should be brought into school with the relevant forms by 19<sup>th</sup> June including travel sick pills for the journey home – Stugeron recommended as they last the entire journey to and from Wales. Children who suffer with travel sickness should take the first dose in time for the journey from school on the morning of the trip.

All medication should be placed in a named Ziplock bag with the correct form.

#### **Week 2:**

As above, but please provide medication and money by 3<sup>rd</sup> July.

### **Children are not to bring the following:**

- No mobile phones
- No aerosols as they are flammable. Please provide roll-on deodorant
- No iPods / iPads, Kindles or electrical devices. We'd like the children to talk to each other 😊
- No electrical item that plugs into the mains electricity supply
- No food (except for Monday's morning snack and packed lunch)